



NCARNG Weekly Safety Newsletter



March 20, 2015

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Pedestrian Safety

Take a Step in the Right Direction



Drivers need to recognize the special safety needs of pedestrians, especially those that are children. Young, elderly, disabled, and intoxicated pedestrians are the most frequent victims in auto-pedestrian collisions. Generally, pedestrians have the right-of-way at all intersections; however, regardless of the rules of the road or right-of-way, drivers are obligated to exercise great care and extreme caution to avoid striking pedestrians.

What can drivers do to safely share the road with pedestrians?

- **Look out for pedestrians.** Don't let yourself be distracted. You can encounter pedestrians anytime and anywhere. They can be very hard to see - especially in bad weather or at night.
- **Respect crosswalks.** When entering a crosswalk area, drive slowly and be prepared to stop. Don't block the crosswalk when stopped at a red light or waiting to make a turn. Stop for pedestrians who are in a crosswalk.
- **Always watch for children.** Children are the least predictable pedestrians and the most difficult to see. Take extra care to look out for children not only in school zones, but also in residential areas, playgrounds, and parks.
- **Be extra cautious in school zones.** Where a warning flasher or flashers are blinking, you must stop to yield the right-of-way to a pedestrian crossing the roadway within a marked crosswalk or at an intersection with no marked crosswalk. Always stop when directed to do so by a school crossing guard.



What can a pedestrian do to prevent pedestrian accidents?

- **Walk on the sidewalk.** Stay on the sidewalk when available and use crosswalks. Avoid walking in traffic where there are no sidewalks or crosswalks. If you have to walk on a road that does not have sidewalks, walk facing traffic.
- **Cross intersections at crosswalks whenever possible.** Look in all directions before entering the street. Be especially alert to a vehicle that may be turning right on a red signal. If there are marked crosswalks, use them but do not assume that you are completely safe in a marked crosswalk. Follow signal lights that tell you when to cross.
- **Be careful in parking lots.** Pedestrians are supposed to have the right-of-way in parking lots but many drivers don't wait for pedestrians. Parking lots can be more hazardous than streets. On streets the direction of traffic is usually known but in parking lots vehicles might be moving in all directions, including backwards.
- **Avoid dangerous moves.** Any movement a pedestrian makes that drivers are not expecting could be dangerous. Don't step into traffic from between parked cars since this is a sure way of surprising drivers.
- **Keep your view of traffic clear at all times.** A pedestrian needs to be able to see vehicles around him. Don't block your view with packages, umbrellas, or other objects.





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Organic Foods Are they worth the extra cost?

Thinking of switching to organic foods? If so, you're not alone – 42 percent of Americans say they've done exactly that. Because of their popularity, organic foods are easier to find in commissaries, as well as major grocery stores. But making that switch isn't cheap. Purchasing organic products for a family can cost hundreds of dollars more per year than buying conventionally produced foods. That steeper price tag begs an important question:

Are Organic Foods Better for You?

There's no doubt that organic foods can have some benefits over their conventional counterparts. For example, organic fruits and vegetables often have higher amounts of vitamin C and anti-oxidants, and organic milk and meat pack in more "good fats" compared to non-organic products. For many shoppers, organic foods are attractive because of what they don't have — less pesticide residues on fruits, vegetables, and grain products. On the other hand, the amount of pesticides and bacteria in conventional foods is at levels considered safe for consumers by the Environmental Protection Agency.



Are People Who Eat Organic Foods Healthier?

So if organic foods have some benefits, then packing your diet with them should ward off all kinds of diseases, right? Unfortunately, it's not that simple. Scientific studies haven't found conclusive evidence that eating organic foods makes you healthier. To date, there's no proof that eating organic rather than conventionally produced foods will reduce your likelihood of developing cancer, heart disease, or other serious conditions. Health benefits aside, some people prefer organic foods for reasons ranging from claims of better taste (although this claim doesn't always hold up in taste tests) to reduced environmental impact.

The Choice is Yours.

Whether or not you choose to buy organic foods, here's what you can do to make sure your food is healthy and safe:

- Eat fruits and vegetables. Even accounting for small amounts of pesticide residues in non-organic produce, eating fruits and vegetables is unquestionably healthier than avoiding them.
- Wash all fruits and vegetables well – organic or non-organic- to remove dirt, bacteria, and residues from fertilizers and pesticides. Use a vegetable scrubber and warm, soapy water on potatoes and other root vegetables, as well as melons or citrus fruits with thick rinds. Hand scrub apples, peaches, and softer vegetables. Rinse berries and leafy greens under running water for 15 seconds. Peeling fruits and vegetables removes pesticide residues, but you also lose nutrients by tossing away edible skins.
- Buy lean meat and trim fat before cooking; some pesticide residues accumulate in fat. For the same reason, remove skin from poultry and fish.

**Article from www.guardyourhealth.com